

Pool Schedule

March 9—May 26, 2012 (Subject to Change)

MONDAY

OPEN SWIM	LAP SWIM	WATER AEROBICS	SWIM PROGRAMS
Open Swim 11:15 am—8:30 pm	3 Lanes Open 5:30—8:00 am	Hydro Pump 7:00—8:00am	Swim Lessons 9:00—11:15 am
Slide 1:00—8:00 pm	2 Lanes Open 10:00—11:15 am	H2O Aerobics 8:00—9:00 am	Adult Swim Lessons 7:15—8:00 pm
Rope Swing 6:00—6:30 pm	3 Lanes Open 11:15 am—1:00 pm	Arthritis Foundation 9:00—10:00 am	
	3 Lanes Open 4:00—6:00 pm	Deep Water 9:30—10:00 am	
	2 Lanes Open 7:00—8:30 pm	Hydro Pump 10:00—10:30 am	
		H2O Aerobics 6:00—7:00 pm	

TUESDAY

OPEN SWIM	LAP SWIM	WATER AEROBICS	SWIM PROGRAMS
Open Swim 10:45 am—4:00 pm	3 Lanes Open 5:30—8:00 am	Hydro Pump 7:00—8:00am	Swim Lessons 9:30-10:45 am
Slide 1:00—4:00 pm / 6:30—8:00 pm	3 Lanes Open 10:00 am—12:00 pm	H2O Aerobics 8:00—9:00 am	Masters Swim 12:00—1:00 pm
Open Swim 6:30—8:30 pm	2 Lanes Open 4:00—4:30 pm	Low Impact 9:00—10:00 am	Swim Lessons 4:00—6:30 pm
Rope Swing 7:00—8:00 pm	1 lane Open 4:30-7:00 pm	Hydro Pump 6:00—7:00 pm	

WEDNESDAY

OPEN SWIM	LAP SWIM	WATER AEROBICS	SWIM PROGRAMS
Open Swim 11:15 am—8:30 pm	3 Lanes Open 5:30—8:00 am	Hydro Pump 7:00—8:00am	Swim Lessons 9:00—11:15 am
Slide 1:00—8:00pm	2 Lanes Open 10:00—11:15 am	H2O Aerobics 8:00—9:00 am	Merit Badge 7:00—8:30 pm *Second Wednesday of every month.
Rope Swing 7:00—7:30 pm	3 Lanes Open 11:15 am—1:00 pm	Arthritis Foundation 9:00—10:00 am	
	3 Lanes Open 4:00—6:00 pm	Deep Water 9:30—10:00 am	
	3 Lanes Open 7:30—8:30 pm	Hydro Pump 10:00—10:30 am	
		H2O Aerobics 6:00—7:00 pm	

THURSDAY

OPEN SWIM	LAP SWIM	WATER AEROBICS	SWIM PROGRAMS
Open Swim 10:45 am—4:00 pm	3 Lanes Open 5:30—8:00 am	Hydro Pump 7:00—8:00am	Swim Lessons 9:30-10:45 am
Slide 1:00—4:00 pm/ 6:30—8:00 pm	3 Lanes Open 10:00 am—12:00 pm	H2O Aerobics 8:00—9:00 am	Masters Swim 12:00—1:00 pm
Open Swim 6:30—8:30 pm	2 Lanes Open 4:00—4:30 pm	Low Impact 9:00—10:00 am	Swim Lessons 4:00—6:30 pm
Rope Swing 7:00—8:00 pm	1 Lane Open 4:30—6:30pm	Hydro Pump 6:00—6:30 pm	
		Deep Water 6:30—7:00 pm	

FRIDAY

OPEN SWIM	LAP SWIM	WATER AEROBICS	SWIM PROGRAMS
Open Swim 8:00 am—6:30 pm	3 Lanes Open 5:30—8:00 am	Hydro Pump 7:00—8:00am	
Slide 1:00—6:00 pm	3 Lanes Open 10:00 am—1:00 pm	H2O Aerobics 8:00—9:00 am	
Rope Swing 3:00—3:30 pm	2 Lanes Open 4:00—6:30 pm	Arthritis Foundation 9:00—10:00 am	
		Deep Water 9:30—10:00 am	
		Hydro Pump 10:00—10:30 am	

SATURDAY

OPEN SWIM	LAP SWIM	WATER AEROBICS	SWIM PROGRAMS
Open Swim /Slide 12:00—6:30 pm	3 Lanes Open 8:00—9:00 am	Hydro Pump 8:00—9:00 am	Masters Swim 7:00—8:00 am
Rope Swing 1:00—3:00 pm	1 Lanes Open 9:00 am—12:00 pm		Swim Lessons 9:00 am—12:00 pm

SUNDAY

OPEN SWIM	LAP SWIM	WATER AEROBICS	SWIM PROGRAMS
Open Swim /Slide 10:00 am—5:30 pm	3 Lanes Open 8:00—10:00 am		
Rope Swing 12:00—2:00 pm			

Water aerobic and swim lesson class descriptions on back.

SWIMMING LESSON CLASS DESCRIPTIONS

Parent & Child Level 1 (ages 6 months - 24 months)

Parents are taught to safely work with their children in the water, including how to appropriately support and hold their child in the water to prepare and encourage them to try basic water skills while helping the child feel comfortable in the water.

Parent & Child Level 2 (ages 18 months - 3 years)

Parent and child continue to improve on skills introduced in Level 1 to help prepare the child to perform basic water skills including safe ways to enter and exit the water, exploring submersion and changing body position in the water.

Parent & Child Combined (C) (ages 6 months - 3 years)

This program is designed to teach children how to become accustomed to the water through playful interactions and games. Parents learn how to support and hold their child properly while exploring basic water skills.

Preschool I (Ages 3-5)

Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

Pre-requisite: Child must be ready to participate in a group setting.

Preschool 2 (Ages 3-5)

Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back will help in the development of future stroke work.

Pre-requisite: Pass Preschool 1; OR Go underwater without hesitation; comfortable floating on front & back with support.

Preschool 3 (Ages 3-5)

Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development.

Pre-requisite: Pass Preschool 2; OR Independently floating on front & back for 5 sec; forward movement through water.

Level 1: Introduction to Water Skills (Ages 6+)

Students will be taught basic water safety to help build comfort in the water. Elementary aquatic skills such as putting your face in the water, floating with support and basic arm and leg movements will be taught to help build confidence in the water.

Pre-requisite: Child must be ready to participate in a group setting.

Level 2: Fundamental Aquatic Skills (Ages 6+)

Students will build on their confidence in the water by learning to float independently and begin development of locomotion skills. Students will also further develop simultaneous and alternating arm and leg actions on the front and back for future stroke development.

Pre-requisite: Pass Level 1; OR Go underwater without hesitation; comfortable floating on front & back with support.

Level 3: Stroke Development (Ages 6+)

Students will build on skills learned in Levels 1 and 2 and start to learn stroke proficiency in the front crawl and elementary backstroke. Students will also be introduced to the fundamentals of treading water to help build comfort in deep water.

Pre-requisite: Pass Level 2; OR Independently floating on front & back for 5 sec; forward movement through water.

Level 4: Stroke Improvement (Ages 6+)

Students will continue development of learned strokes (front crawl, elementary backstroke) to achieve greater distances and proficiency. Students will also be introduced to the back crawl, breaststroke, side stroke and butterfly to help build on their aquatic skills.

Pre-requisite: Pass Level 3 OR Swim 15 yards of front crawl with rotary breathing.

WATER AEROBICS CLASS DESCRIPTIONS

H2O Aerobics: Join us for a total body workout that will physically challenge you! You will get the same fitness benefits as land aerobics, including excellent cardiovascular conditioning, muscle toning, flexibility and fat burning. The water provides great resistance and a low-impact workout. This class is for everyone! Join us for a change of pace, for cross-training or for general fitness.

Hydro Pump: This is our highest intensity class! Gain strength and endurance like you would on land, but have the extra resistance from working against the river current.

Arthritis Foundation Water Exercise: Nearly 46 million Americans have been diagnosed with a form of arthritis. Come join our Arthritis Foundation water exercise classes which are designed to keep joints moving, reduce joint pain, restore and preserve strength, flexibility, and protect joints against further damage.

Low Impact/Low Intensity & Pre/Post Natal Class: Enjoy a fun, relaxing, low impact workout in the water! This class includes cardiovascular conditioning, flexibility, strengthening, and spine stabilization.

Hydro Pump / Deep Water Combo: This comprehensive workout will be in two parts. For half the class you will workout in the lazy river for a not so lazy class. During this portion of the class, instructors use water weights, noodles and more to provide a challenging and exciting workout. The other half you move to the deep end of the pool and continue working cardiovascular fitness, flexibility, strength, muscle tone and increase fat burning. Flotation devices (hand buoys, belts and noodles) provide stability and flotation in deep water; however, you should feel comfortable in deep water.

MORE INFORMATION...

Swim Lesson Registration Dates:

	Resident	Non-Resident
January	Nov. 19	Nov. 26
February	Jan. 21	Jan. 28
March	Feb. 18	Feb. 25
April	March 15	March 22
May	April 14	April 21

Swim Lesson Session Dates:

	Monday/Wednesday AM	Tuesday/Thursday AM & PM	Saturday AM
January	Jan. 9—Feb. 1	Jan. 10—Feb. 2	Jan. 7—Feb 11
February	Feb. 6—Feb. 29	Feb. 7—Mar. 1	Feb. 18—Mar. 24
March	Mar. 5—Mar. 21	Mar. 6—Mar. 22	
April	April 2—April 25	April 3—April 26	April 14—May 19
May	April 30—May 23	May 1—May 24	

Aquatics Contacts:

Karen Newlon, Aquatics Coordinator at 303.926.2562
 Matt Brown, Head Lifeguard at 303.926.2563
 Avalon Mays, Head Lifeguard at 303.926.2567

To register for swim lessons visit
www.erieparksandrec.com or visit Guest Service.